

CAPAGE

Promoting academic and professional excellence in health care
to meet the challenges of aging in Sri Lanka

Tutorial

Musculoskeletal Disorders in Older Adults



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Tutorial

Answer the questions based on the following case scenario.

Mrs. Lakshmi, a 74-year-old retired teacher, presents to the community physiotherapy clinic with complaints of persistent lower back pain and stiffness that worsens in the early morning and after prolonged sitting. She also reports difficulty walking longer distances due to knee pain, especially when going up and down stairs. Her medical history includes type 2 diabetes and mild hypertension, both well-controlled with medication. She lives alone but receives occasional help from her daughter.

On examination:

- Lumbar spine flexion is limited with tenderness over the lower lumbar vertebrae.
 - Bilateral knee crepitus is present with decreased range of motion and mild varus deformity.
 - No signs of acute inflammation, but muscle strength in the lower limbs is slightly reduced.
 - Timed Up and Go (TUG) test: 18 seconds.
 - BMI: 29 kg/m²
1. Identify the two most likely musculoskeletal conditions affecting Mrs. Lakshmi. Justify your answer based on the clinical features presented.
 2. Discuss the potential impact of these conditions on her functional independence and quality of life.
 3. Explain how age-related changes in the musculoskeletal system may have contributed to her current condition.